

## Post-Operative Check Up

AMAC will send a letter to your referring doctor after your procedure and provide you with a copy for any health professional in case you have a problem after hours.

Your referring doctor may want to know about your physical and emotional health after the procedure. We advise you check with your doctor if they require you to visit them post abortion.

Copies of any test results done at AMAC will be sent back to your referring doctor who may want to discuss them with you and provide any appropriate treatment or referrals.

If you are eligible for subsidised NZ healthcare, this visit to your own doctor may be free. If you prefer to have your post-operative check at AMAC, please call for an appointment. A fee applies.

If you think you may have a post-operative complication, don't wait for a check-up with your doctor – contact AMAC for advice.

## Post Abortion Counselling

Following your abortion, if you have any unresolved feelings or need to discuss your experience, we have trained Counsellors that can assist you (a fee will apply). We also have a list of specialised counsellors that we can refer you to if you are unable to return to AMAC.

## Future Gynaecological or Obstetric Care

It is very difficult and sometimes impossible for a doctor to detect that you have had an abortion in the past. This is your own personal medical history and you don't need to disclose it to anyone.

However, we strongly advise you to mention any history of abortion to any doctor you are consulting about Gynaecological, Obstetric or fertility matters.

## Contact Details for AMAC

### Normal Office Hours:

Monday to Thursday 8:30 am – 4:30 pm  
Friday - 8:30 am – 4:00 pm

### Usual procedure days:

Surgical procedures: Monday – Thursday

Medical procedures (Requires two visits):  
Monday & Wednesday **Or** Tuesday & Thursday

**Telephone:** (09) 638 6040 or 638 6041

**Fax:** (09) 631 0451

**E-mail:** [reception@amac.org.nz](mailto:reception@amac.org.nz)

**Website:** [www.amac.org.nz](http://www.amac.org.nz)

### Worried something is not quite right?

We can provide you with specialised advice. We want to know and we want to help if you have any post abortion problems.

### Please call AMAC for advice first on:

**(09) 638 6040**  
**Or**  
**(09) 638 6041**

### After Hours or Weekends

Contact your referring doctor/GP who will have an emergency number to call if outside of normal working hours.

### Urgent Medical Attention

Telephone numbers are listed in the phone book for your local hospital and for 24 hour emergency clinics.

Take with you any letters given to you at discharge from AMAC



# AFTERCARE INSTRUCTIONS

### OFFICE HOURS:

MONDAY TO THURSDAY 8:30AM – 4.30 PM

FRIDAY: 8:30AM – 4.00 PM

### ADDRESS:

1<sup>ST</sup> FLOOR 283-289 DOMINION RD  
MT. EDEN AUCKLAND  
TEL: (09) 638 6040  
FAX: (09) 631 0451  
[www.amac.org.nz](http://www.amac.org.nz)

Email: [reception@amac.org.nz](mailto:reception@amac.org.nz)

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## After Leaving AMAC

### During the next two weeks

- Use pads instead of tampons until bleeding stops.
- Use a shower instead of a bath.
- Do not use swimming pools or Spa baths.
- Avoid strenuous activities like working out with weights or doing heavy jobs.
- Avoid sexual intercourse.
- Take any medications that have been prescribed.
- Attend a postoperative check-up if you have any concerns.
- Avoid long haul flights & situations where medical care is limited.
- Go for any follow - up laboratory tests that we have advised. This is extremely important if you have used the Medical Abortion method.

### Physical Recovery

Most women recover quickly from an abortion, while others need a day or two to rest at the most. A medical certificate can be provided for days off work/College.

### Bleeding & Cramps

This can be very variable. Some women may have very little or no bleeding for the first few days and then begin bleeding later. Other women may have bleeding as a heavy menstrual period. Intermittent bleeding can also occur. Most women bleed from 1-3 weeks, although medical abortion patients may bleed longer.

During this time, some may experience period like cramps and/or pass blood clots, all of which is normal. Discomfort caused by cramps can be eased with analgesics like panadeine.

Bleeding that soaks two sanitary pads in an hour (no white left on the pad), or constant pain and passing of large blood clots over a period of several hours, is not normal and should be checked at AMAC or by your doctor.

### Breast Tenderness

This can take a little longer to disappear and some women may leak fluid for a day or two. It is not advisable to squeeze the fluid out of the nipples as this can worsen the situation. If breast soreness or leaking persists for longer than a week return for your check up early.

### Morning Sickness

If you have had nausea during your pregnancy, it normally reduces the next day and stops within a few days. If you continue to feel sick a week after the procedure, return for a check-up.

### Contraception

You can get pregnant the first time you have sex after the procedure. Therefore you must start oral contraceptives the day after your procedure. Women using barrier methods like condoms must use them immediately intercourse is resumed.

### Menstruation

Your next period should begin 4-6 weeks after the procedure. This can vary with the choice of contraception you have started. The first period can sometimes be heavier than normal. If your period is delayed longer than 6 weeks please contact AMAC or return to your doctor.

### Emotional Recovery

Some women feel well while others can feel miserable and unhappy following the abortion. Some of this can be attributed to falling hormone levels. Feeling sad and tearful is a perfectly normal response in these circumstances as is feeling relieved and optimistic. It is especially helpful in the first week to have a close friend or partner for support and to discuss your feelings with. Discuss with your doctor any worrying feelings you have been unable to resolve. Alternatively, you can contact AMAC. Counselling may be necessary and helpful. Your emotional health is every bit as important as your physical health.

## Possible Complications

### Incomplete Abortion

Heavy or prolonged bleeding and cramps can sometimes be the result of a fragment of tissue remaining in the uterus or blood clotting after the procedure. The tissue may expel naturally as a result of the cramping but sometimes a procedure called an ERPOC is indicated. This procedure requires gentle suctioning to remove the residual contents & can be done at AMAC free of charge. Non-residents who go to a public hospital will be charged by the hospital for any care received. Payment for public treatment is the responsibility of the patient. Please **call us** to assist you.

### Infection

Post-operative infection can be detected by taking your temperature each day for the first week. Temperature recordings of 38 degrees centigrade that persist for more than 8 hours, flu-like symptoms or a smelly vaginal discharge are all possible signs of an infection developing. Completing any antibiotics prescribed to you by AMAC will reduce the likelihood of infection occurring. However, if any of the above symptoms occur you must contact AMAC or your doctor within 24 hours. (Use the "7 day rule" if you are taking antibiotics and the combined oral contraceptive pill.)

### Continuing Pregnancy

Pregnancy symptoms that are ongoing a week after the procedure should be checked at AMAC or by your doctor. Home pregnancy tests are very sensitive and are often still positive some weeks after the procedure even though the pregnancy has ended.

Patient using the Medical abortion method must attend a laboratory for follow-up blood tests to confirm the pregnancy has ended.